

WHAT ARE
YOU
LOOKING AT?



PAY ATTENTION!
How we see determines what we see

Hanging out where meditation meets modern life

I

A blog

21awake started as a blog based around my trying to work out what means to be committed to meditation and awakening in a 21st century urban life [[read it](#)]



A family

Mainly by accident and partly by design it has now grown into a family of creative projects which each take a different angle on that same important question [[see them](#)]



An invitation

Your getting involved in the 21awake family of projects will only make them better. So please do **get in touch** if you'd like to find out more about anything you see here

Project Portfolio

[All projects](#)[Arts & Culture](#)[Buddhism](#)[Digital](#)[Innovation](#)[Meditation](#)[Writing](#)



The Here&Now Project

The Here&Now Project is an invitation to re-imagine the role of meditation in the 21st century. What will happen when the transformative power of mindfulness-based meditation meets the digital, social and cultural realities of our times? How can we maximise its potential? What does that even mean?

21awake blog

Since it began in the summer of 2008, 21awake has become one of the most popular blogs in the online conversation about Buddhism today.

Rohan's writing is known for its combination of humour, insight and freshness but sadly **his looks** aren't quite so highly regarded



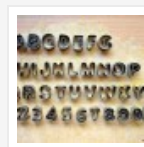
Latest from the 21awake blog



The ordinarification of spirituality: an interview

October 4, 2010 | No comment

I was recently interviewed by Tom on Being Ordinary. This is actually the first instance of my being interviewed and while we cover a lot of ground, it really was a fine conversation. It's about 40mins all in and you can download the mp3 from the original site. Rohan on Being Ordinary



Satipatthana Wordle!

You may remember the first wordle I did back in August...



Walk for Khuphuka 2010

The 25th of this month sees the second Walk for Khuphuka...



Forthcoming adventures in Mahamudra

After several years developing and training in fairly...





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